

PROMENADE REST HOME ACTIVITIES

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDA' 1 SUNDAY 2



<p>PAMPER MORNING WITH PRAE AND SUE</p> <p>MANICURES, FACIALS AND HAND MESSAGES AVAILABLE</p> <p>9.30 AM—11.45AM</p>	<p>HAIRDRESSING MORNING WITH ALISON</p> <p>COFFEE AND CAKES AVAILABLE IN THE BAR AREA</p> <p>9.00 AM.</p>	<p>MASSAGE MORNING WITH MICHELLE</p> <p>FUN QUIZ WITH SUE A GLASS OF SHERRY OR WINE USUALLY-HELPS WITH THE ANSWERS!</p> <p>9.30AM.</p>	<p>SUE'S SHOPPING TROLLEY WILL BE VISITING EVERY RESIDENT</p> <p>A CHANCE TO PICK UP THOSE ESSENTIAL GOODIES</p> <p>10.00AM.</p>	<p>VISIT FROM THE EARLY DAYS NURSERY CHILDREN.</p> <p>AN INTERACTIVE ACTIVITY SESSION WITH THE RESIDENTS AND TODDLERS.</p> <p>9.30AM</p>	<p>ACTIVITY TABLE AVAILABLE FOR EVERYONE TO USE.</p> <p>DOMINOES, PLAYING CARDS, JIGSAWS ETC.</p> <p>FROM 9.30AM</p>	
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<p>COACH TRIP TO MANCHESTER AIRPORT VIEWING PARK WITH PUB LUNCH</p> <p>COACH LEAVES 2.00PM.</p>	<p>NAME THAT TUNE MUSIC QUIZ WITH SUE</p> <p>A LIVELY, SINGALONG REMINISCENCE SESSION</p> <p>2.00PM IN THE LOUNGE.</p>	<p>MEDITATION AFTERNOON WITH MICHELLE</p> <p>RELAXATION GUARANTEED!</p> <p>2.00PM IN THE BAR AREA.</p>	<p>COACH TRIP TO PARBOLD HILL</p> <p>A SCENIC DRIVE THROUGH THE COUNTRYSIDE AND THEN ENJOY AN ICE CREAM ON TOP OF THE HILL</p> <p>COACH LEAVES 2.00PM.</p>	<p>SUE'S MUSIC AND MOVEMENT CHAIR BASED FUN EXERCISE CLASS</p> <p>10.30 AM IN THE LOUNGE.</p>	<p>AFTERNOON SINGALONG ENTERTAINMENT WITH THE SUE RAYMOND BAND</p> <p>2.00PM IN THLOUNGE.</p>	<p>RELAXATION DAY</p>
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